

Serving School Garden Produce on the Salad Bar: Keeping it Safe!

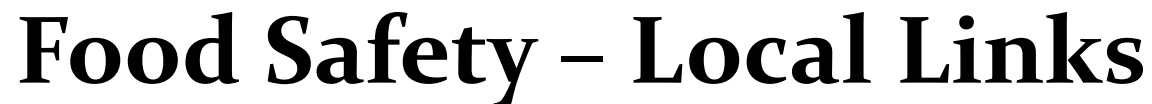


LET'S **M**OVE

Salad Bars to Schools

Missouri





2013-2014 School Year



AT LEAST

116

SCHOOL GARDENS ARE
GROWING IN MISSOURI

TEND AND WATER THOSE GARDENS;
THEIR BENEFITS ARE WELL
DOCUMENTED!

USDA Food and Nutrition Service School Garden Q & As



Allowable expenses using school nutrition program funds

- Equipment
- Materials
- seeds, compost, fertilizer
- FFVP program funds may not be used

www.fns.usda.gov/cnd/governance/Policy-Memos/2009/SP_32-2009_os.pdf



School Garden Food Safety Checks:

- ✓ Water source
- ✓ Soil test
- ✓ Building material
- ✓ Location
- ~~✓ Chemicals & Fertilizers~~
- ✓ Compost

Safe Water Sources

- Test all non-municipal sources
- Transport water in food grade containers if it comes into contact with produce



Soil History



- Test soil
- Find your county extension office:
www.nifa.usda.gov/Extension/index.html
- Consider purchasing soil from a commercial source that is:
 - Traceable
 - Intended for growing food crops



Safe Materials

Use materials that are non-toxic, non-leaching

- Cedar, untreated pine, or fir
- Terra cotta pots
- Concrete
- Unused livestock water troughs (drill drain holes)
- Burlap filled with straw
- Straw bales





Materials to Avoid

- Pressure-treated lumber or plywood
- Used tires
- Rail road ties
- Old bricks with paint



Site Selection

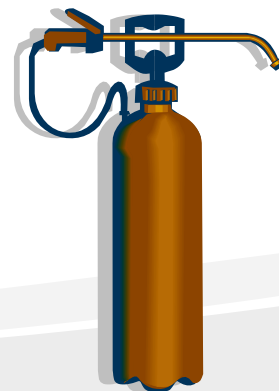
- Locate away from contamination
- Know what's below; call 811 before you dig (*Call-Wait-Dig-Live*)
- Construct reasonable barriers





Chemicals and Fertilizers

- Best practice = no chemicals
- Contact local Cooperative Extension office for pest control recommendations
- Maintain current Safety Data Sheets
 - Available from the manufacturer
- Follow manufacturer's directions for all products





Compost and Manure Use

- Do not use raw or composted manure
- Consider purchasing commercially prepared compost
- Contact local Cooperative Extension office for assistance with composting
 - Use only plants, such as fruit and vegetable trimmings, grass, leaves, and twigs
 - Avoid animal products, animal waste, and unseparated cafeteria waste
 - Consider vermicompost
- Wear gloves
- Locate compost pile away from sources of contamination

Compost

- Food compost must reach temperature of at least 130°F for at least 5 days to kill pathogens
- Check temperature with a large compost thermometer





Working In and Maintaining the Garden

- Communicate with school grounds crew and/or maintenance staff to ensure safe practices on the school grounds near the garden
 - Do not use pesticides or herbicides in or around garden
- Keep cats, dogs, and other pets out of the garden as animal waste can be a source of bacteria, parasites, and viruses
- Do not feed wild animals or birds near your garden

Working In and Maintaining the Garden

- All garden participants must wear closed-toe shoes when working in the garden
- Do not allow anyone to work in the garden while sick





Harvesting Garden Produce

- Plan ahead to make harvesting the first task you do in the garden before other activities involving weeding, watering, maintaining, etc.
- Always wash your hands before harvesting fresh produce
- Pick up and remove rotting produce
- Any animal feces present should be discarded by an adult
- Produce immediately around the feces should also be discarded and immediately wash hands to avoid contamination of other produce



Harvest Tools

- Clean with soap & water
 - Before AND after harvest



Harvest Containers

- Clean & sanitized
 - Food grade containers
- Do not assume
 - If it doesn't say it, don't use it
- Do not use
 - Garbage bags or cans
 - Used plastic grocery bags



Garden Produce in the Kitchen



- Planning is essential!
 - Crops . . . start simple!
 - Recipes!

Garden Produce in the Kitchen

- Start with something easy like HERBS!
- These herbs were planted in a #10 can
- Cute for decorating the salad bar or lunchroom



-Park Hill School District, Missouri

Glove-up for salad bar safety!



- Wash hands before putting on gloves
- Wear gloves when handling ready to eat foods
- Discard gloves after one use – **do not** reuse or save
- Wash hands & change gloves between tasks

The single most important step to prevent food-borne illness. . .

“Hand washing is the single most important means of preventing the spread of infection.”

– *Centers for Disease Control & Prevention*

The Places We Miss When Washing



Handwashing 101 for students & staff



For more detailed information: <http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

Hand Washing



- Hand sanitizers can be effective when used after hand washing, but are not a substitute

Receiving Garden Produce

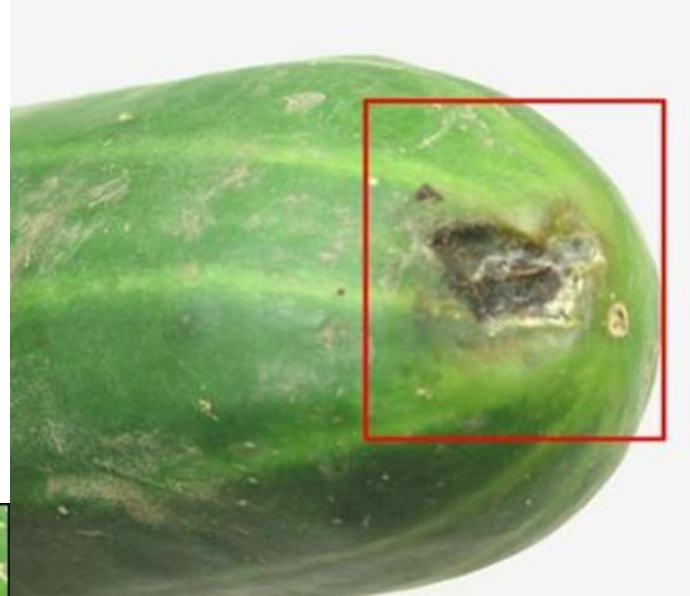
- Only when school nutrition staff is present
- Produce left when staff is not present should not be used in school meals



Receiving Garden Produce

Avoid using when

- Noticeably contaminated
- If unacceptable



Decayed cucumber



Hail damaged peaches

Storing Garden Produce

- Refrigerate cold items immediately!
 - 41 degrees F
- Do not wash before storing
- Harvest date and label container
- Production records to show when item was served





Storing Garden Produce

Cold Storage

41 degrees F

- Carrots
- Radishes
- Green Beans
- Spinach/Lettuce
- Cabbage
- Peppers

Dry Storage

55-65 degrees F

- Tomatoes
- Onions
- Sweet Potatoes
- Potatoes
- Winter Squash
- Watermelons



Garden Produce: Preparation and Service

- Shake or remove soil in the garden
- Wash produce under running water before preparation
- Scrub using a vegetable brush
- Identify vegetable sink
- Never use unapproved chemicals



Garden Produce: Preparation and Service

Running water



Vegetable brush





Garden Produce: Preparation and Service

- Are commercial vegetable washes necessary?
 - NO. Research has proven commercial vegetable washes provide no significant benefits over running water and scrubbing with clean hands or brushes
 - It is more cost effective to wash produce with cold running water than with:
 - Apple cider vinegar
 - Bleach
 - Lemon juice
 - Vinegar



Serve it on the
Salad Bar!

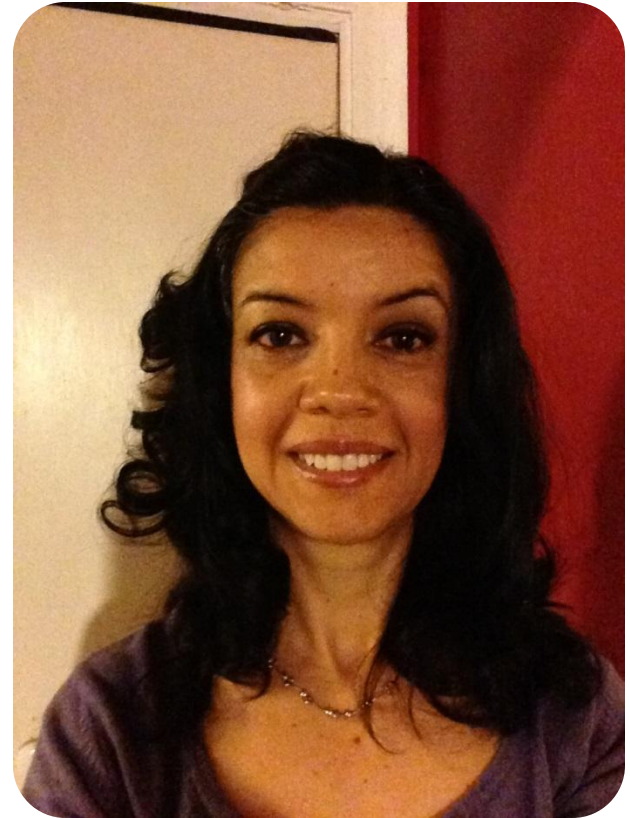


Fresh Produce Donations

- Communicate with stakeholders
- Check local and/or state regulations
- Discuss liability
- Maintain traceability



USDA Photo by Lance Cheung



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